

## ABSTRACT

A one piece fastener capable of being secured to a substrate member and having an uncoupled position and a coupled position. The fastener includes an outer member defining a cavity and an inner member integrally formed with said outer member. The inner member is disposed in the cavity of the outer member wherein the outer member is moved along a longitudinal axis from an uncoupled position to a coupled position relative to said inner member. The inner member includes living hinges permitting the outer and inner members to move relative to one another. The fastener also includes at least one locking mechanism for locking the fastener in a coupled position. The outer member includes a head and recess for receiving a portion of the inner member in the coupled position and permitting the fastener to be released from the coupled position and reused.

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